



Senior nutrition services in the Commonwealth of Massachusetts for diverse populations



The Massachusetts Elderly Nutrition Program offers meals in a group setting, many of which serve racially, religiously, and culturally diverse senior populations. The following document provides information regarding locations throughout the Commonwealth that offer meal and nutrition services to specific, diverse populations throughout the state, however, all seniors are welcome at all sites.

Prepared by: Shoghig Balkian, MPH, Amy Sheeley, PhD, RD, Shirley Chao, PhD, RD

The following icons represent different program elements that attractions that are vital to serving diverse populations (courtesy of New Jersey Department of Health and Senior Services *). The presence of these icons on the top of each page represent the presence of these activities each site, respectively:

Menu



Innovative, culturally sensitive menus/restaurants/taste -testing

Environment



Culturally sensitive settings that are warm, and welcoming; celebrations of cultural holidays.

Language



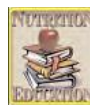
Multi-cultural languages spoken, multi-cultural staff/volunteers, printed materials culturally sensitive and in the appropriate language.

Health Promotion



Exercise, tai-chi, health screenings, emphasis on healthy lifestyles and improving health status.

Nutrition education



Innovative, engaging, delivered in participants' language, targeting food preferences of specific ethnic groups.

Nutrition Counseling



Nutrition assessment and education; tailored to individual participants' needs.

Outreach



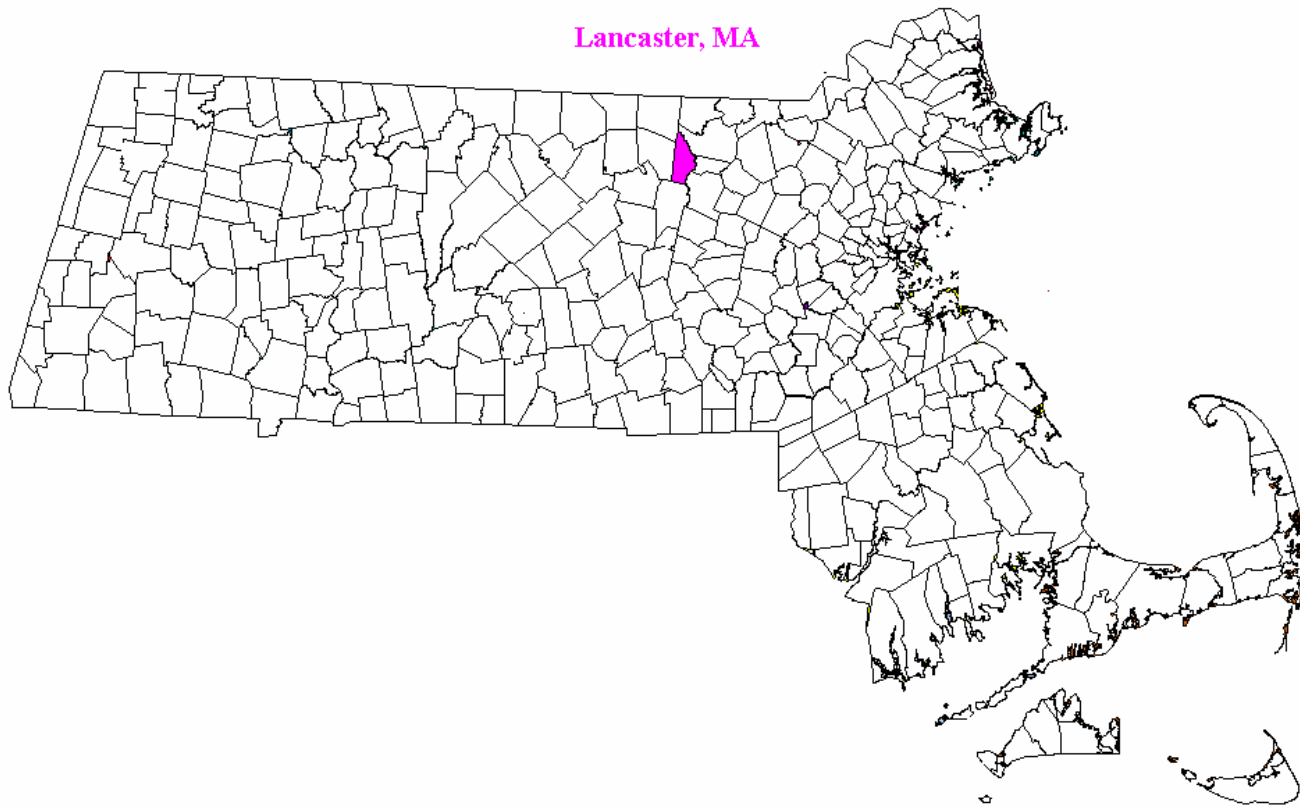
Ethnic media outlets, ambassadors, innovative partners.

Staff Volunteer



Multi-cultural, engaging and welcoming all cultures.

7th Day Adventists - vegetarian



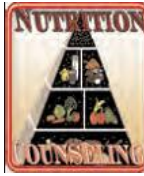
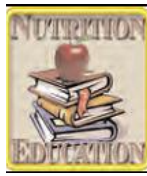
Lancaster, MA

Pg 4

Contact:

First Church of Christ Unitarian
725 Main St.
Lancaster, MA 01523
(978) 375-8026

Ayn Yeagle, Nutrition Director
Montachusett Opportunity Council
(978) 345-8501

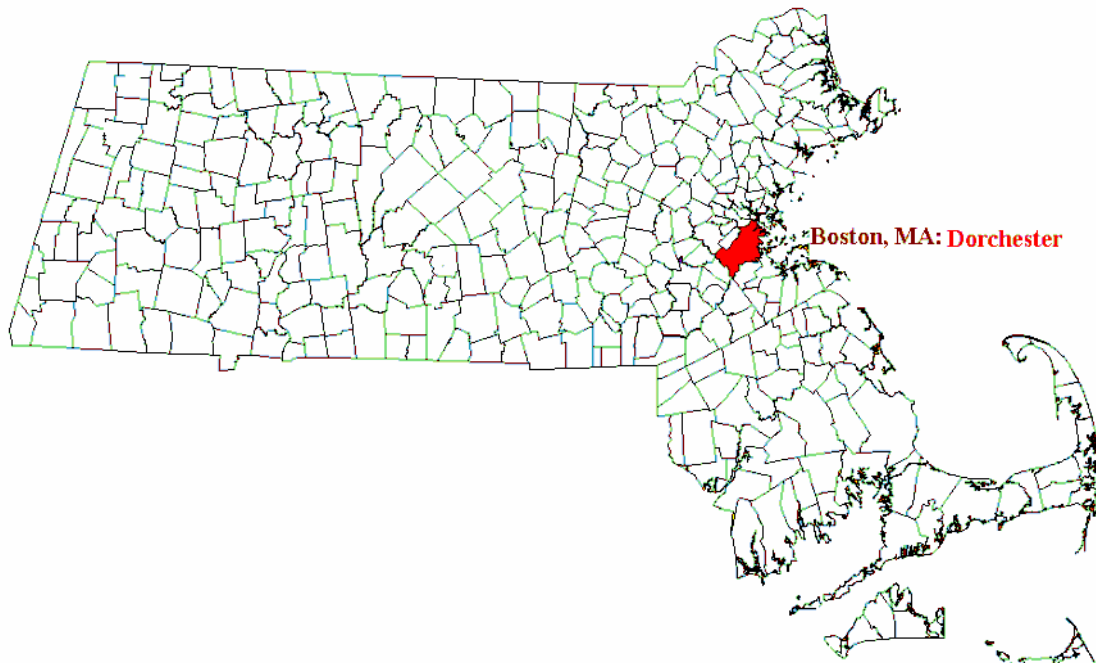


7th Day Adventist Meal Site

Lancaster, MA

Target Population(s):	7 th Day Adventist/Vegetarian (open to all seniors)
Goal:	Besides offering a social network, this c ongregate meal site also caters to attendees who have nutrition standards set by the 7 th Day Adventist religion.
Description:	<p>Since Lancaster, MA has a high population of members of the 7th day Adventist church; the option of reserving a meal following the standards of the religion is available. A meal following the 7th Day Adventist standards is a vegetarian meal. Meals are offered Monday through Thursday. Attendees receive a nutrition intake assessment using the NSI checklist. Further counseling and screenings are done by assessment of the results of the initial intake assessment. Screenings include blood pressure, weight, BMI checks. Group and individual education is offered. Exercise and nutrition education is also provided as part of the ACCENT program (Action for Community Centered Elder Nutrition Training).</p>
Setting:	This site is in a separate part of a church that accommodates congregate meals. Non-church members and church members alike are encouraged to attend and do so regularly.
Promotional/Outreach:	The Lancaster Council on Aging newsletter promotes the event and provides a copy of the menu. Congregate nutrition education is promoted through flyers and local newspapers.
Partnerships:	Facility provided by the church. The meal is monitored and facilitated by the Montachusett Opportunity Council (MOC) Nutrition Program. Meal site managers, a Registered Dietitian and all certified staff are trained and provided by MOC.
Cost/Source of Funding:	Administered by MOC, the Town of Lancaster, State and Federal funds jointly fund costs and resources for this program. A voluntary, confidential contribution of \$2 is requested.
Challenges/Barriers:	More convenient modes of transportation are needed.
Evaluation	Yearly client satisfaction survey is administered and reviewed for evaluation for this program.

Cape Verdean Site



Dorchester, MA

Pg 6

Contact:

Kit Clark Senior Services
1500 Dorchester Ave.
Dorchester, MA 02124

Joanne Gunnard
Nutrition Director, Kit Clark Senior Services
(617) 474-1276



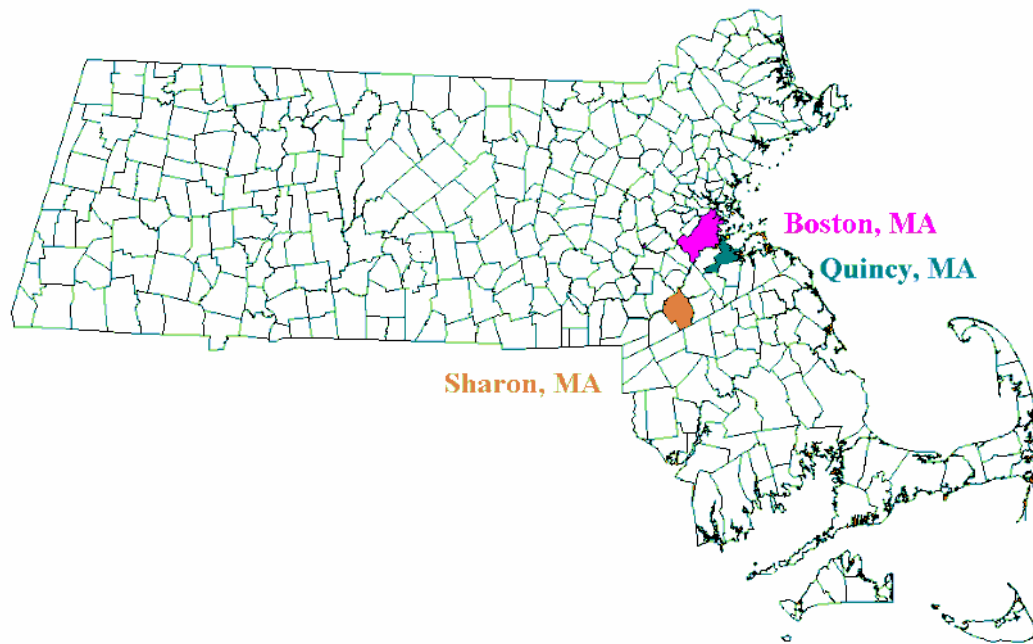
Cape Verdean Site

Dorchester, MA

Target Population(s):	Cape Verdean (open to all seniors)
Goal:	This meal service is a unique opportunity for Cape Verdean elders to come together for both meals and to get in shape. "Keep Fit for Life" is a program directed at maintaining or losing weight between a one to three year time frame. The Cape Verdean population at this site has been chosen to be the target group by which different forms of health promotion are practiced and disseminated.
Description:	Fit for Life is a grant-funded program put on by Tufts University in Boston, MA aimed at different ethnic, elderly populations in the Greater Boston area annually. Height and weight for each participant is taken, assessment on physical fitness and nutrition counseling is provided for each person who chooses to participate in the program. Each Cape Verdean elder is provided with a personal trainer, nutritionist, and supervisor from Tufts. Staff and volunteers speak Cape Verdean.
Setting:	Both nutrition and exercise programs are located conveniently on the floor below the lunch service room.
Promotional/Outreach:	Publicity for the program is done by word of mouth and information is provided at the 1500 Dorchester Avenue building.
Partnerships:	Friedman School of Nutrition Science and Policy, Tufts University – Boston, MA and Kit Clark Senior Services.
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$1.75 is suggested per meal.
Evaluation	Evaluations keep sensitive to cultural issues related to nutrition. A weekly evaluation form is filled out by the site for presentation and food quality.

Note: Suggested donation and other information subject to change.

Chinese Meal sites



Boston, MA

Pg 8-9

1. Quincy Tower Site;
2. Hon Lok House;
3. Brighton House

Malden, MA

Pg 10

Quincy (South Shore), MA

Pg 11-12

1. Wollaston Lutheran Church;
2. Quincy Housing Authority;
3. North Quincy Branch Library

Sharon, MA

Pg 13-14



Chinese Meal sites - Mandarin, Cantonese, and Toisson

Chinese Golden Age

Target Population(s):	Chinese (open to all seniors)
Goal:	A centralized location aimed at providing traditional Chinese cuisine to the elderly Chinese population in the Greater Boston Area.
Description:	Sites are located in an accessible location in a Chinese community throughout the Greater Boston Region. The Greater Boston Chinese Golden Age Center organization facilitates health related events as well as social events for the elderly population at each site, respectively. Furthermore, all three sites are organized similarly. Meals are served Monday through Friday at 11:30a.m . Nutrition education and other services are offered at these sites. A Registered Dietitian oversees the menu to provide guidance for healthier options.
Setting:	All sites are located in areas close in proximity to Chinese neighborhoods. Each site serves as a social outlet for the elderly population. Games and social events are often organized informally.
Promotional/Outreach:	The Program has been in existence for one year and provides resources and outreach for these sites. Information is also circulated by word-of-mouth and newsletters.
Partnerships:	Greater Chinese Golden Age in partnership with the City of Boston Commission for the Elderly
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$1.35 is suggested per meal.
Challenges/Barriers:	Increased funding needed for increasing food costs.

Evaluation:

The site is making constant improvements and meets all updated regulations.

Contacts:

Quincy Tower Site
5 Oak St
Chinatown Area
Boston, Ma 01226
Raymond Giang
(617) 423-7560

Hon Lok House
21 -31 Essex St.
Boston, MA 02111
Teresa Wong
(617) 542-7458

Brighton House
677 Cambridge St.
Brighton, MA 02135
Belili Mei
(617) 789-4289



Chinese Meal Site

Malden, MA

Target Population(s):	Chinese (all seniors welcome)
Goal:	The goal for this site is to provide a social setting for the Chinese community in Malden, MA.
Description:	<p>An authentic Chinese meal is offered two days a week (Wednesday, Thursday), in addition to the regular senior dining lunch.</p> <p>The Chinese meals are served at the newly built Malden Community Senior Center, 7 Washington St, Malden, MA, and are catered by a local Chinese restaurant. Reservations are made by contacting the Malden Community Senior Center at 781-397-7153.</p>
Promotional/Outreach:	Community speakers provide information in Chinese regarding physical and mental health, as well as managing finances.
Partnerships:	All meals services are organized through Mystic Valley Elder Services while the Malden Senior Center partners with Chinese Golden Age to provide other activities and the facilities.
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$1.50 is suggested per meal.
Challenges/Barriers	The need for staff speaking other dialects of Chinese would also allow the program to expand throughout the Chinese community.
Contact:	<p>Barbara Rougier Nutrition Director Mystic Valley Elder Services (781) 324-7705</p>



Chinese Meal Site

Quincy (South Shore), MA

Target Population(s):	Chinese (Primary language: Cantonese) (open to all seniors)
Goal:	The goal for this site is to provide a social setting for the Chinese community in Quincy, MA. The three sites offered in Quincy are also aimed at providing solutions for general needs of the elderly community. All locations are localized so that people can get to one of the three sites, which are within a two-mile proximity.
Description:	<p>A meal is offered three days during the mid-week, (Tuesday – Thursday), and take place at a different location each day. Tuesdays at the Quincy housing authority building (about 20 patrons); Wednesdays at Wollaston Lutheran Church (20-30 patrons); Thursdays at North Quincy Branch Public Library (about 20 patrons)</p> <p>Although each setting and environment is different, every location offers its own, unique component to the meal service. Chinese meals are served at all locations. Tai Chi takes place on the ground floor of the Quincy Building over the summer months. Exercises are done on 12th floor during the winter months.</p>
Setting:	Each site is open to the Chinese community for the majority of the morning, before lunch is served, and is a central location for socialization in the Cantonese-speaking Chinese community. Since all three sites are walking distance from each other; it is common for patrons to travel amongst sites throughout the week. Staff and volunteers speak Cantonese at each site.
Promotional/Outreach:	Community speakers provide information in Chinese regarding physical and mental health, as well as managing finances.
Partnerships:	All services are organized through South Shore Elder Services, while community partners provide facilities.

Cost/Source of Funding: Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$1.35 is suggested per meal.

Challenges/Barriers Since the meal is at three different sites, transportation in the wintertime can be tricky for patrons. The meal service, however, offers some transportation for those who request it. The need for staff speaking other dialects of Chinese would also allow the program to expand throughout the Chinese community.

Contacts:

Wollaston Lutheran Church (Tuesdays)
550 Hancock St.
Quincy, MA 02170

Quincy Housing Authority (Wednesdays)
80 Clay St.
Quincy, MA 02170

North Quincy Branch Public Library (Thursdays)
381 Hancock St.
Quincy, MA 02171

MaryAnne Ryan
Nutrition Director
South Shore Elder Services
(781) 848-3939 X 354



Chinese Meal Site

Sharon, Ma

Target Population(s):	Chinese (open to all seniors)
Goal:	Started as a project aimed at decreasing the problem of isolation in Chinese elders living in South Shore neighborhoods. This site has become a multi-cultural social network where Chinese elders have integrated with members of other elder communities .
Description:	The authentic Chinese meal is offered six times a year during alternating months (an authentic Indian meal is served during the other months). Menus are planned in collaboration with a nutritionist, a member of the Chinese community, and contracted through a local Chinese restaurant. Approximately 30 people attend this event. Nutrition education is offered and translated into Chinese. Different forms of exercise are offered. Bilingual volunteers oversee the ethnic menu and are funded by the COA to pick up the meals from the restaurant.
Setting:	Meals are held at the newly built Senior Center in the Sharon Council on Aging (COA) building. This bi-monthly event is well-appreciated by the Chinese community in Sharon, MA and surrounding communities. Attendees usually come early on the day of the meal to use the senior center for socializing. Chinese music and entertainment is also available on these days.
Promotional/Outreach:	Several speakers have come in to explain health services, government programs, and rights offered to the elderly population in the US that may not be apparent to recent migrants. This event is promoted through the Sharon C OA newsletter.
Partnerships:	All services are organized through HESSCO Elder Services, while the Sharon Council on Aging provides the facilities.

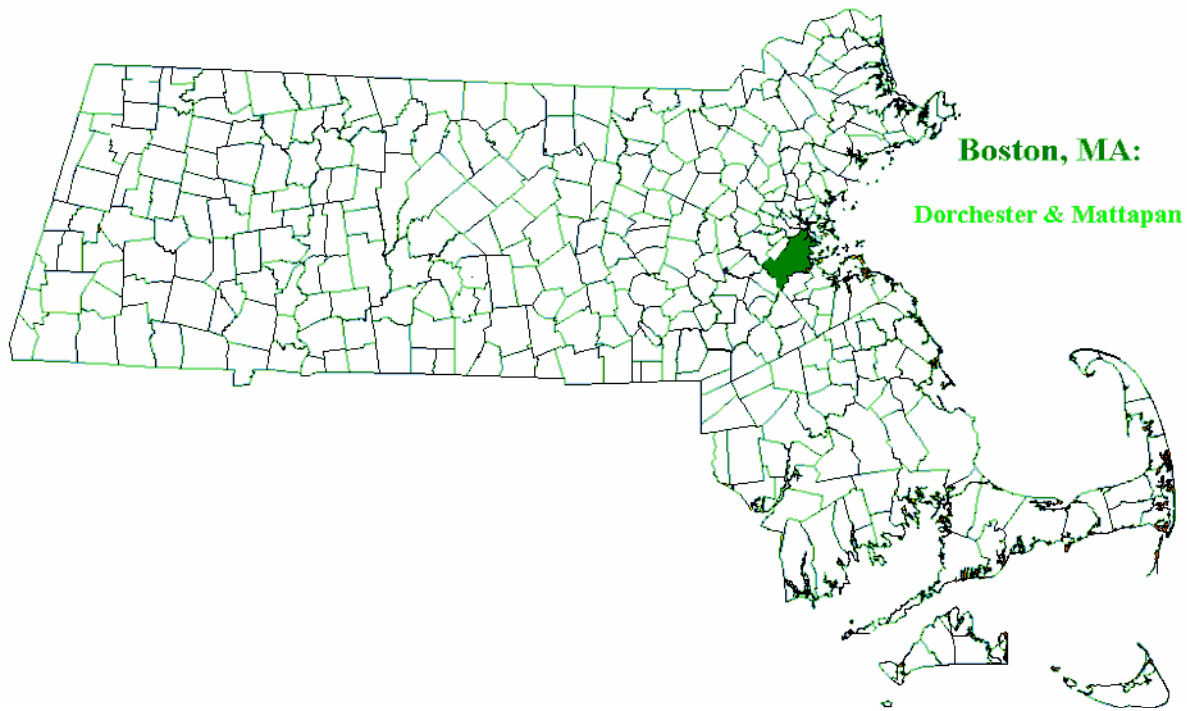
Cost/Source of Funding: Voluntary donations and federal and state sources are used to fund the monthly gatherings. There is a voluntary donation of \$2.50 suggested per meal.

Challenges/Barriers: There is a need for more Chinese-speaking volunteers and different modes of transportation for elderly to access this site.

Evaluation: Mainly informal, evaluations are done by word-of-mouth to program managers and volunteers during the events.

Contact:
Sharon Council on Aging building
219 Massapaugh Ave.
Sharon, MA 02067
Lian Tang, Bilingual liaison for Chinese population
Gabriel Wu, Program Volunteer
(781) 784-4000
Chandra Ganapathy, Nutrition Director HESSCO Senior Services
(781) 784-4944

Haitian Meal Site



Dorchester, MA

Contacts:

Joanne Gunnard
Nutrition Director, Kit Clark Senior Services
(617) 474-1276

Riche Zamore, Executive Director
Yawkee Center
185 Columbia Rd
Dorchester, MA 02124
(617) 506-6600

Pg 16

Mattapan, MA

Contact:

The Church of the Holy Spirit
525 River St.
Mattapan, MA 02126
Jayne Davis, Nutrition Director, Ethos (617) 522-6700 ext 373

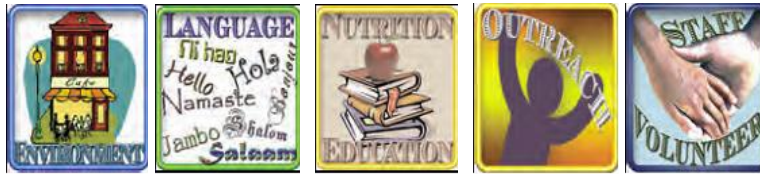
Pg 17

Cambridge, MA

Contact:

Deborah McClean, Nutrition Director
Somerville Cambridge Elder Services
(617) 628-2601

Pg 18



Haitian Meal Site – Adult Day Program

Dorchester, MA

Target Population(s):	Haitian (open to all seniors)
Goal:	To provide basic nutrition services and eventually expand to an area with a larger Haitian population.
Description:	This meal service is a part of a broader range of services for a Haitian adult day program. The food is not a Haitian cuisine but Haitian music and entertainment is currently offered. Staff and volunteers speak Haitian Creole. Nutrition education is also offered.
Setting:	A large day room is dedicated to the Haitian programs and events. The room is newly renovated, inviting, and central for senior Haitian events.
Promotional/Outreach:	Information is successfully disseminated by word -of-mouth through the Haitian community. Information about the Haitian meal service is also available at the central site.
Partnerships:	The all-day Haitian programs and services are supported by multiple partners including the Catholic Charities Association, TWR providing food, the Soup and Salad program, and Kit Clark Senior Services.
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of 1.75 is suggested for this meal.
Challenges/Barriers:	There is a need to expand nutrition services for the Haitian population. Consistent efforts are made towards improving the menu and offering more services.
Evaluation	Evaluations are sensitive to cultural issues related to nutrition. There is a weekly evaluation form filled out by the site, which monitors details of the presentation and food quality.



Haitian Meal Site and Social Center

Mattapan, MA

Target Population(s):	Haitian/Creole speaking (open to all seniors)
Goal:	Providing Haitian elders with an opportunity and central location to build a social support network and integrate into American society through group activities.
Description:	This meal service, which serves Haitian-style food, is one of the many services coordinated for the Haitian community at this site. There is a strong support system amongst the patrons of this meal services because they are collectively engaged in multiple activities throughout the week. Haitian-Creole speaking staff is available at the site. In the past, the comprehensive daily program has included nutrition education offered with the option to get individual nutrition counseling. "Boston Steps" is a walking club that offers incentives for exercise. Multiple protective services, ESL classes, health screenings, dance groups, choir, and citizenship classes are also offered at this site. Transportation to and from the site is also offered.
Setting:	The environment at this site is very active and welcoming of new, Haitian, attendees and partners, particularly those involved in program planning for the community.
Promotional/Outreach:	Information is successfully disseminated by word-of-mouth through the Haitian community.
Partnerships:	Partnerships include, Kit Clark Senior Services and the Boston Public Health Commission.
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund the monthly gatherings. A voluntary donation of \$1.75 is suggested for this meal.
Evaluation:	A yearly satisfaction survey is completed by program participants.

Note: Suggested donation and other information subject to change.

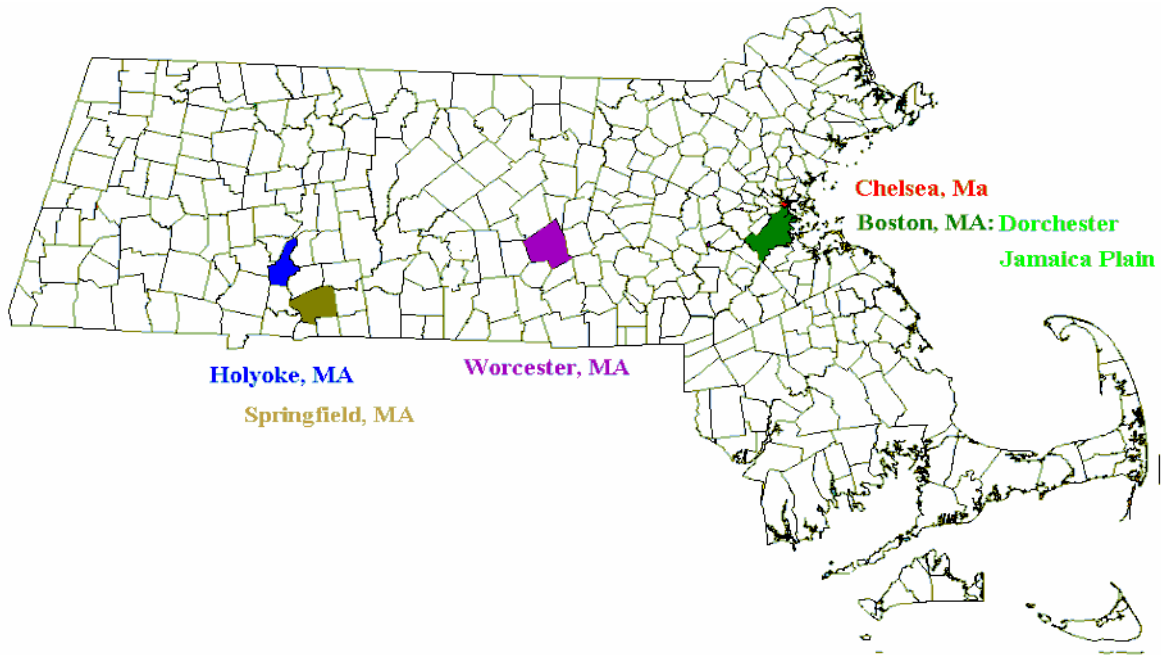


Haitian Meal Site and Social Center

Cambridge, MA

Target Population(s):	Haitian/Creole speaking (open to all seniors)
Goal:	Provides Haitian elders with an opportunity and central location to build a social support network and as well as group activities and meals are offered.
Description:	This meal service, which serves Haitian -style food, is one of the many services coordinated for the Haitian community at this site. The program is offered once a week, every Thursday, and offers breakfast and lunch to the Haitian participants. There is a strong support system amongst the patrons to collectively provide this program for the Haitian community. Haitian-Creole speaking staff is available at the site. Transportation to and from the site is also offered.
Setting:	A medium size day room is provided to the Haitian program, dining and events. The room is inviting and central for new and current Haitian attendees and partners.
Promotional/Outreach:	Information is successfully disseminated by word-of-mouth through the Haitian community and Senior Center.
Partnerships:	Partnership with the Cambridge Senior Center
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund the monthly gatherings. A voluntary donation of \$1.00 is suggested for breakfast and \$1.50 for lunch.
Evaluation:	A yearly satisfaction survey is completed by program participants.

Hispanic/Latino Meal Sites



Chelsea, MA	Pg 20
Dorchester, MA	Pg 21
Holyoke, MA	Pg 22
Jamaica Plain, MA	Pg 23
Springfield, MA	Pg 24
Worcester, MA	Pg 25



Hispanic/Latino Meal Site

Chelsea, MA

Target Population(s):	Hispanic/Latino (open to all seniors)
Goal:	To provide a social outlet and central location for camaraderie and support.
Description:	This congregate site offers a Latino style meal once a month at the Chelsea Senior Center. Both English and Spanish speaking staff and volunteers are present. A nutritionist oversees the Latino style menu. Nutrition education, information on food stamps and coupons for neighborhood farmers markets are also offered.
Setting:	There is entertainment in the form of music, singing, games, etc. The meal is a well-known social event for the elderly population in Chelsea, and neighboring cities.
Promotional/Outreach:	Information about this congregate meal is spread by word - of-mouth in the Spanish-speaking community in Chelsea and in neighboring cities.
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund the monthly gatherings.
Challenges/Barriers:	Increasing attendance was a challenge, but has improved substantially since the program began ..
Evaluation:	An annual satisfaction survey is conducted. Monthly comments and inventory are assessed .
Contact:	Mary Ann Ramos, Program Manager Chelsea Senior Center 10 Riley St. Chelsea, MA 02150 (617) 466-4370 Carol Nestor, Chelsea, Revere, Winthrop Elder Services (617) 884-2500

Note: Suggested donation and other information subject to change.



Hispanic/Latino Meal site

La Alianza Hispana

Dorchester/Roxbury, MA

Target Population(s):	Latino/Hispanic (open to all seniors)
Goal:	La Alianza Hispana promotes Latino self - determination, social-economic opportunities and greater civic participation in our society.
Description:	Adult Day-Health Program, with about 50 participants. Provides lunch with a menu that was traditionally Hispanic until recently when attendees requested to change it to an American style menu. There is a mixture of cultures and a Spanish-speaking staff. The program is offered Monday through Friday.
Setting:	Meals are served in the Alianza Hispana Building.
Promotional/Outreach:	Events for the elderly Hispanic community, like ESL classes, health promotion, and other basic needs.
Partnerships:	La Alianza Hispana, Inc. is dedicated to the advocacy for equal access to basic human services . .
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$1.75 is suggested for this meal.
Challenges/Barriers:	Finding a larger space for the program .
Evaluation	A weekly evaluation form filled out by the site .
Contact:	La Alianza Hispana 63 Parker Hill Ave Roxbury Crossing, MA 02120 Marisol Amaya, Site Manager (617) 232-0634 Joanne Gunnard, Nutrition Director, Kit Clark Senior Services (617) 474-1276

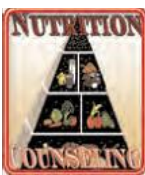


Hispanic/Latino Meal Site - Restaurant

Fernandez Family Restaurant

Holyoke, MA

Target Population(s):	Latino population (open to all seniors)
Goal:	To provide elders in the community with an opportunity to congregate in a social setting through an affordable medium.
Description:	Seniors are served a healthy, Latino meal at a restaurant. Seniors who participate in the program are provided with a “zip card” with their information and picture, which they swipe at the time they come for their meal. Nutrition Education is included every month on the back of menu. The restaurant also works with a nutritionist to insure healthy menu options for elders participating in the meal service.
Setting:	The meal services take place at the restaurant Monday through Friday during lunch hours. Approximately 70% of the senior attendees are Hispanic.
Partnerships:	WestMass ElderCare administers this program.
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund this site.
Evaluation:	A mail satisfaction survey is mailed yearly to evaluate this meal service. An efficient grievance policy is in place.
Contact:	Fernandez Family Restaurant 161 High St Holyoke, MA 01040 (414) 532-1139 Lisa Lovell, Nutrition Director WestMass ElderCare (413) 538-9020



Hispanic/Latino Meal Site – Hyde Square

Nate Smith House

Jamaica Plain, MA

Target Population(s):	Hispanic/Latino (open to all seniors)
Goal:	To provide a social outlet and central location for support for the seniors, in the Hispanic community of the “Hyde Square” neighborhood of Jamaica Plain.
Description:	The Latino meal service is offered on Wednesdays and Fridays at the Nate Smith Senior Housing complex. Nutrition education is provided in Spanish and nutrition counseling is available upon request.
Setting:	At the time of the meals service, other activities and social affairs take place, such as games and music. Spanish speaking staff and volunteers are available.
Partnerships:	The Nate Smith house helps coordinate a large portion of the activities for this site, while Ethos administers the program.
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund the monthly gatherings. A voluntary donation of \$1.75 is suggested for this meal.
Evaluation	A yearly satisfaction survey is given to participants of the meal service as a form of evaluation.
Contact:	Nate Smith House 155 Lamartine St. Jamaica Plain, MA 02130 Jayne Davis, Nutrition Director Ethos (617) 522-6700 ext 373



Hispanic/Latino Meal Site - Multicultural

Springfield, MA

Target Population(s):	Hispanic/Latino (open to all seniors)
Goal:	To reduce cultural barriers, increase access to culturally competent care, decrease depression and anxiety by increasing socialization and providing healthcare services.
Description:	A meals is offered once a month. Games such as bingo, pool, and dominos are often played. There's a large focus on preventative health care (e.g. foot care clinics and blood pressure checks). A 13 week special health program is offered for those who need it. ESL classes are also offered.
Setting:	This a multi-cultural population with a bonded group of Latinos, African- Americans, and Caucasion elders.
Promotional/Outreach:	Publicity is done by word-of-mouth and partners.
Partnerships:	Partners include the Alzheimer's Assoc., Brightwood Health Center,, Latinos Unidos, Mayors Office on Consumer Affairs , New North citizen's cou ncil, and the Spanish American Union at La Casa Hispania .
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$1.75 is suggested.
Challenges/Barriers:	Help is needed with multicultural activities.
Contact:	Riverview Senior Center 122 Clyde St. 310 Plainfield St. Springfield, MA 01107 Luz Cabellero, Site Coordinator (413) 787-5220 Laurie Cassidy, Nutrition Director, Greater Springfield Senior Services (413) 781-8800

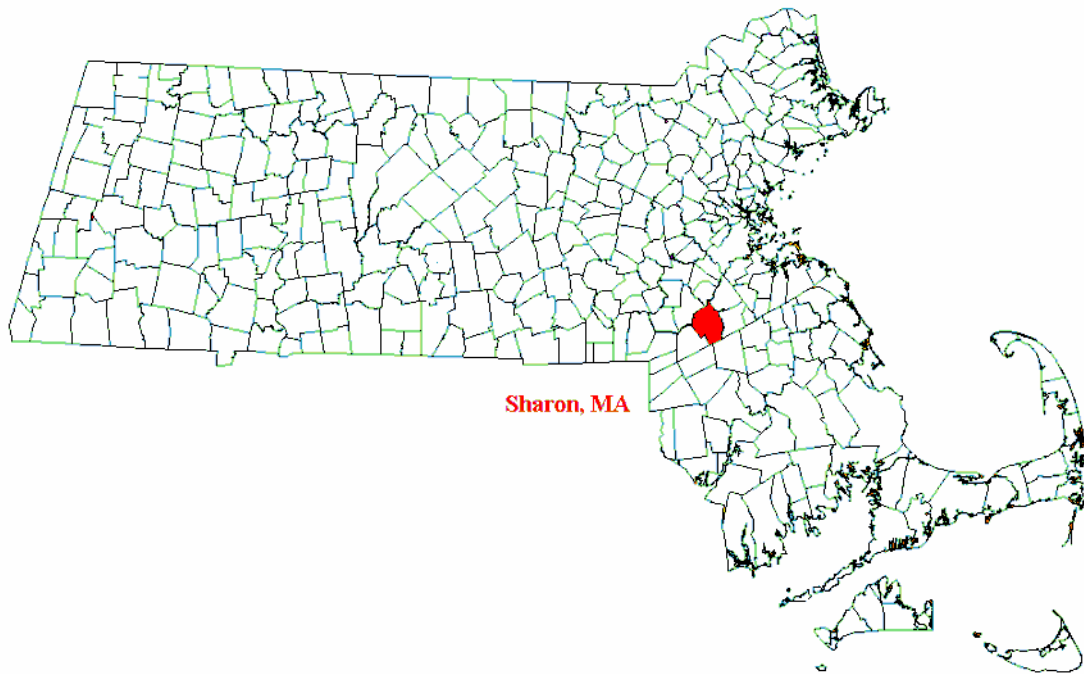


Hispanic/Latino Meal Site

Worcester, MA

Target Population(s):	Hispanic/Latino (open to all seniors)
Goal:	To provide a social outlet and central location for camaraderie and support.
Description:	There are a myriad of services provided for the Hispanic population in Worcester; Translating documents, assistance at doctors' appointments, ESL classes, and case management are just some of the services available. Latino-style meals are offered every Wednesday during lunch hours. Nutrition education is also provided at the sites. There are currently about 70 attendees.
Setting:	The room where this meal service takes place is a dedicated space for Latino seniors to congregate and enjoy meals and entertainment. Staff and volunteers are Spanish-speaking.
Promotional/Outreach:	The "Platter Chatter" is the quarterly newsletter produced by Elder Services of Worcester, containing the menu, information about all meal sites and services, and one page dedicated to nutrition education.
Partnerships:	Several outside services facilitate Latino events.
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$2.00 is suggested for this meal.
Barriers	There is a need for more transportation.
Evaluation	Evaluations in Spanish are distributed annually.
Contact:	Central Las Americas 11 Sycamore St. Worcester, MA 01608 Natalie Ackert, Assistant Nutrition Director, Elder Services of Worcester Area (508) 852-3205

Indian Meal Site



Sharon, MA

Pg 27

Contact:

Sharon COA (Council on Aging building)

219 Massapaugh Ave.

Sharon, Ma 02067

Norma Fitzgerald, Council on Aging Director in Sharon, Ma

(781) 784 8000

Chandra Ganapathy, Nutrition Director HESSCO Senior Services

(781) 784-4944



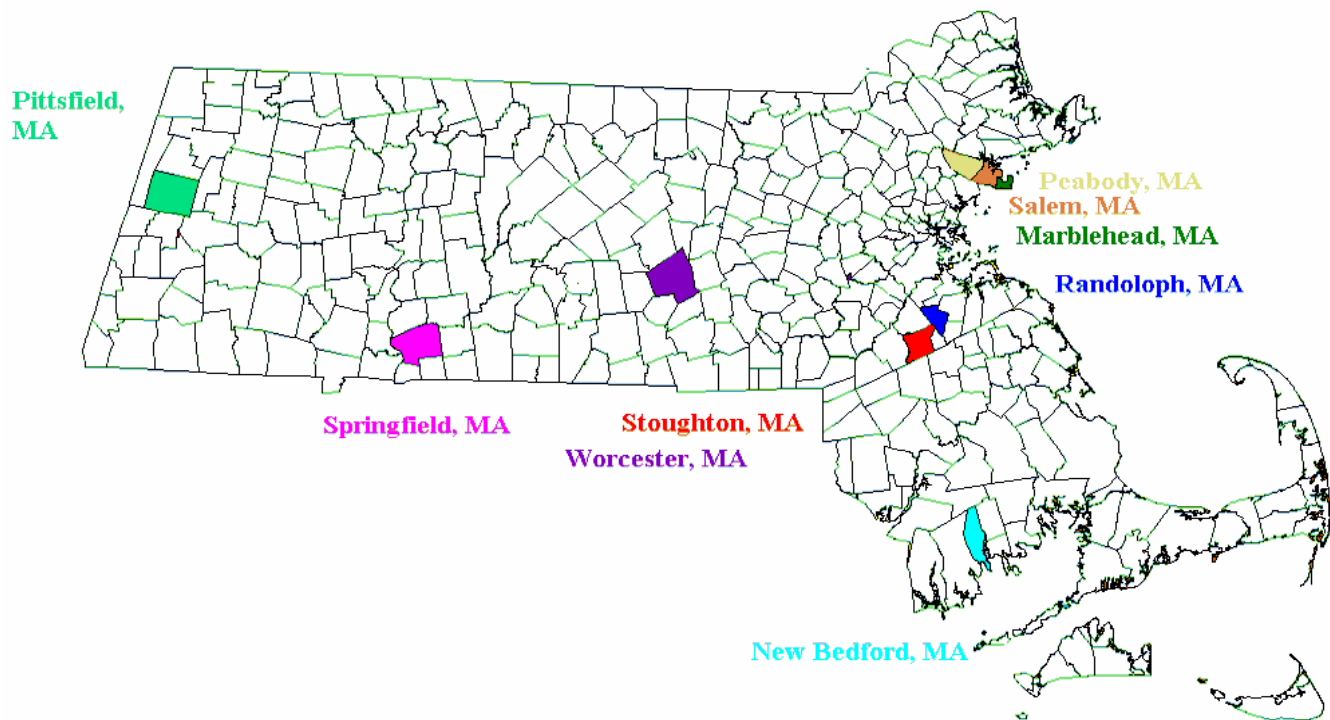
Indian Meal Site

Hindi, Tmil, Telgu dialects

Sharon, Ma

Target Population(s):	Indian (open to all seniors)
Goal:	Aimed at lessening the problem of isolation in elders living in suburban neighborhoods: This meal site has become a multi-cultural social network where Indians have integrated with members of other elder communities.
Description:	Authentic Indian meals are served six times a year. The meetings have provided an opportunity for older Indians to integrate with other elder communities so that attendance at daily congregate meals has become common. The Indian meal is catered by an Indian restaurant in collaboration with HESSCO, combining authentic and healthy meals. Nutrition education is also offered and print materials are translated into Indian. Volunteers are Indian speaking: Hindi, Tmil, and Telgu dialects. Social workers have come to discuss coping mechanisms and stages of integration related to relocating to the US from India. Other speakers have discussed health services, government programs, and rights offered to the elderly population in the US.
Setting:	Various forms of entertainment are organized after the Indian meal including Indian dances, music, and games. Approximately 150 people attend to this bi-monthly event.
Promotional/Outreach:	Publicity for the event is posted on flyers in the COA. The Indian meal program has become well known at the Senior Center facility in Sharon.
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund these gatherings. There is a suggested donation of \$2.50 for this meal.
Challenges/Barriers:	Transportation and more efficient methods of outreach to elder Indians are all challenges.
Evaluation	Informal suggestions are given to the staff and volunteers.

Kosher Meal Sites



Randolph, MA

Pg 29

Springfield, MA

Pg 30

Stoughton, MA

Pg 31

Worcester, MA

Pg 32

Additional Sites

Pg 33



Kosher Meal Site

Randolph, MA

Target Population(s):	Kosher population, but not exclusive to members of the Jewish religion (open to all seniors)
Goal:	The main focus of this site is to offer the option of Kosher meals, and provide a social outlet for seniors.
Description:	Menus are distributed every four weeks. A regular group of patrons attends the meal on Mondays and Thursdays (about 14), and the site manager prepares and serves the meals. Meals are not offered during July or August. Volunteers and staff are friendly and inviting to patrons.
Setting:	The meal is served in a dining area with a kitchen, inside a Temple. Informal entertainment and organized games are common..
Promotional/Outreach:	The event is promoted monthly in the Patriot Ledger newspaper and by word-of-mouth.
Partnerships:	This meal is planed and prepared in collaboration with the chef at the Simon C. Fireman Independent Senior Housing facility and the South Shore Elder Services Nutrition program.
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund these gatherings.
Challenges/Barriers:	More opportunities for transportation are needed.

Temple Beth Am
 871 North Main Street
 Randolph, MA 02368
 Sandy Miller
 (781) 963-2314
 MaryAnn Ryan, Nutrition Director
 South Shore Elder Services
 (781) 848-3939 X 354



Jewish/Kosher Congregate Meal Site

Jewish Cultural Center (JCC)

Springfield, MA

Target Population(s):	Kosher style preparation; but not exclusive to members of the Jewish faith (open to all seniors)
Goal:	The main focus of this site is to offer the option of Kosher meals, and provide a social outlet for seniors.
Description:	Menus developed in cooperation with Jewish Nursing Home/Rehab Facility. Caterers work with the site manager to take into account all provisions for kosher meals. Lunch is offered Monday to Friday at 11:30.
Setting:	The JCC is welcoming, culturally sensitive, and provides social activities. Patrons often arrive early to socialize. Site managers and volunteers are culturally sensitive to the Jewish faith.
Promotional/Outreach:	The “Senior Connection” is a newsletter that includes a monthly menu and reservation information.
Partnerships:	Greater Springfield Senior Services Inc , &, Jewish Geriatric services.
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund gatherings at this site.
Evaluation	An annual survey evaluates the food and program as a whole.
Contact:	<p>Kosher Meal Program 1160 Dickenson St. Springfield, MA 01108 Nancy Posnick or Laurie Cassidy Greater Springfield Senior Services (413) 739-4715 Barbera Shiffman BSchiffman@springfieldjcc.org</p>



Kosher Meal Site – Striar Jewish Community Center

Stoughton, MA

Target Population(s):	Kosher, but not exclusive to Jewish Religion (open to all seniors)
Goal:	The main focus of this site is to offer the option of Kosher meals, and provide a social outlet for seniors.
Description:	This site is not a kosher-only site but provides an option for all attendees to reserve a kosher meal. The caterer prepares kosher and non-kosher meals based on reservations. The kosher option is offered for lunch five days per week. Exercise and wellness opportunities are offered to seniors.
Setting:	The meal site takes place at the Striar Jewish Community Center (JCC), which welcomes elders of all faiths. Staff and volunteers for this meal service are inviting and sensitive to the value of kosher meals. Many meal attendees come early to socialize and partake in coffee hour before meals are served at lunchtime, Monday through Friday.
Promotional/Outreach:	Meal and reservation information is promoted at the JCC.
Partnerships:	All events and activities are provided by the Striar JCC.
Cost/Source of Funding:	Voluntary donations and federal and state sources.
Barriers:	Improving participation and increased coordination of events is needed.
Contacts:	
Stoughton Council on Aging Frozen Kosher Meals 110 Rockland St. Stoughton, MA 02072 (781) 344 8882 ext 516 Jessica Fraine	Striar JCC on the Fireman Campus Senior Adult Kosher lunch program 445 Central St. Stoughton, MA (781) 341 2016 ext 288 Harvey Levensohn



Kosher Meal Site

Worcester, MA

Target Population(s):	Kosher, but not exclusive to members of the Jewish religion (open to all seniors)
Goal:	The main focus of this site is to offer the option of Kosher meals, and provide a social outlet for seniors.
Description:	Kosher meals are offered on Tuesdays and Thursdays at an apartment complex, but are open to the public.
Setting:	The environment is inviting and relaxed, with a welcoming staff and good food. The meals are served on the bottom floor of the complex where there is a fireplace.
Promotional/Outreach:	The “Platter Chatter” is the quarterly newsletter produced and sent by Elder Services of Worcester Area, with a menu and information about sites, services and nutrition education. Nutrition Education is also provided at the sites.
Partnerships:	Meals are contracted through Jewish Healthcare.
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund the monthly gatherings. Voluntary client donations of \$3.00 are suggested for this meal.
Evaluation	Jewish Healthcare provides Elder Services with weekly updates and comments about the meal service .
Contact:	
	Bet Shalom 475 Chandler St. Worcester, MA 01602 Sue Granoff, Volunteer Coordinator (508) 756-7109 Natalie Ackert, Assistant Nutrition Director, Elder Services of Worcester Area (508) 852-3205

Additional Kosher Meal Sites

Knesset Isreal

16 Colt Road
Pittsfield, MA 01201 Cindy Bell-Deane, Site Manager
Sandy Alfonso (for info)
(413) 799-0524
For reservations:
(413) 442-2200

Salem, MA (COA)

5 Broad St.
Salem, MA 01970
Ellen Kennedy
(978) 745-0409

Peabody, MA (COA)

70 Central St.
Peabody, MA 01960
Marcia Roomey
(978) 531 2254

Marblehead, MA (COA)

10 Humphrey St.
Marblehead, MA 01947
Jan DePaolo
(781) 631-6737

Ahavath Achim

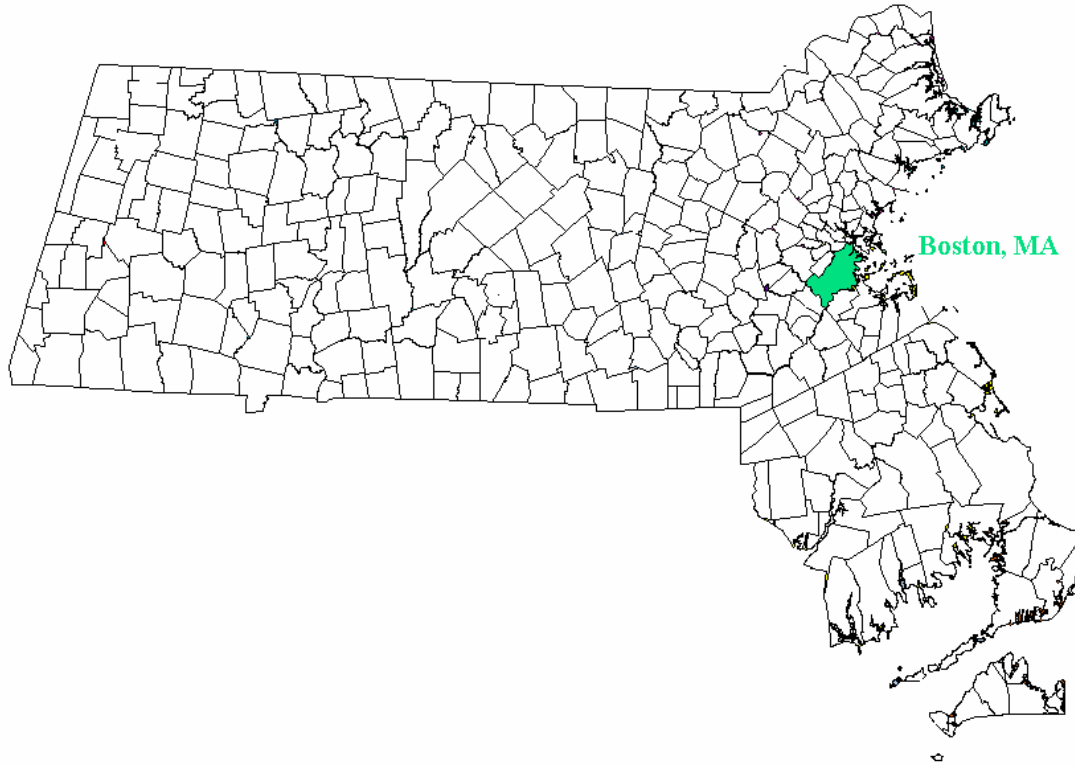
385 County Street
New Bedford, MA 02740
Faina Levitina, Site Manager
Philip Beard, Nutrition Director
(508) 999-6400

Fall River Jewish Home for Aged Community Kitchen

538 Robeson St
Fall River, MA 02720 Karen Cote, Nutrition Director
Bristol Elder Services, Inc.
(508) 324-4619

LGBT Meal Sites

(Lesbian, Gay, Bisexual, & Transgender)



Boston, MA

Pg 35

Contact:

Emmanuel Church in Back Bay
15 Newbury St.
Boston, MA 02116
Robert Linscott, Site Coordinator, Ethos
(617) 522-6700 ext 310

Boston, MA

Pg 36

Contact:

Emmanuel Church in Back Bay (Brunch)
15 Newbury St.
Boston, MA 02116
Robert Linscott, Site Coordinator, Ethos
(617) 522-6700 ext 310



LGBT Site

Boston, MA

Target Population(s):	LGBT Elders & friends (all seniors welcome)
Goal:	To provide a comfortable place for elderly, male members of the LGBT community to create a social network and a sense of camaraderie.
Description:	A meal service for this community is offered every Thursday and includes many social activities such as instrumental concerts put on by students, sing along show tunes, and discussion groups that are of interest and fun for attendees. Attendance is up to 35+ members and the location is great for usage of public transportation. Nutrition education is also apart of this meal service and nutrition counseling is provided by request. Architectural walks and other forms of interesting activities are being planned to promote exercise.
Setting:	The meal service takes place in an attractive conference room of an old church in Back Bay.
Promotional/Outreach:	Outreach is done with other LGBT programs in the community.
Partnerships:	Food is provided by Kit Clark Senior Services. Volunteers and groups have come to work with the Prime Timers (an older gay social club).
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$1.75 is suggested for this meal service.
Evaluation	An annual evaluation form is distributed to attendees.

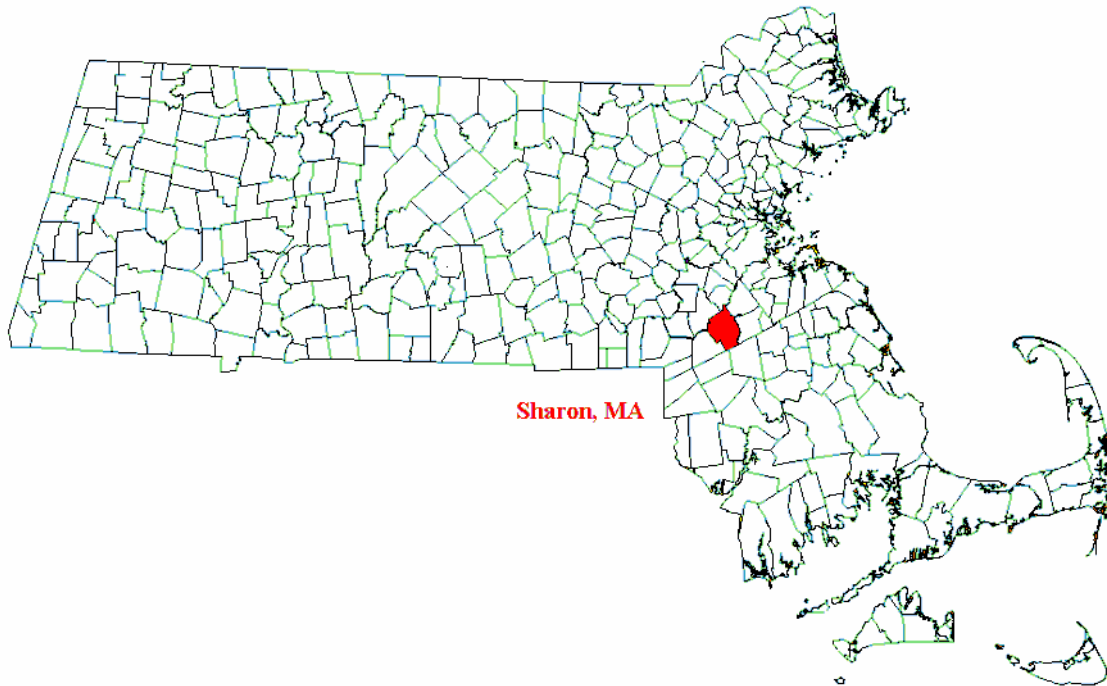


LGBT Site

Boston, MA

Target Population(s):	LGBT Elders & friends (all seniors welcome)
Goal:	To provide a comfortable place for elderly, female members of the LGBT community to create a social support network and camaraderie.
Description:	This meal service is called “Out to Brunch”. The group congregates on the first Saturday of each month . In the past, there has been a mix of entertainment and education , musical entertainment, jazz trios, etc. Each attendee fills out an information card that offers a health assessment and nutrition counseling by request.
Setting:	The current location and environment is very pleasant but due to growing attendance, there will be a space change soon. Please use the contact below for updates on location.
Promotional/Outreach:	Information about events is mainly disseminated through email circles.
Partnerships:	OLE (Older Lesbian Energy), Daughters of Bilits are two (out of many other) organizations that partner with “Out to Brunch” monthly.
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund these gatherings. A voluntary donation of \$1.75 is suggested for this meal service.
Barriers/Challenges:	A larger new space is necessary to cater to the grown attendance of this program.
Evaluation:	An annual evaluation form is distributed to attendees.

Russian Meal Site



Sharon, MA

Pg 38-39

Contact:

Mila Katkova, Russian meal Case Manager

Stoneybrook Elderly Housing

51 Hixon Farm Rd

Sharon, Ma 02067

(781) 784-4025

(781) 793-0171

Madeline and Susan, Housing Authority members

HESSCO

Chandra Ganapathy, Nutrition Director

(781) 784-4944

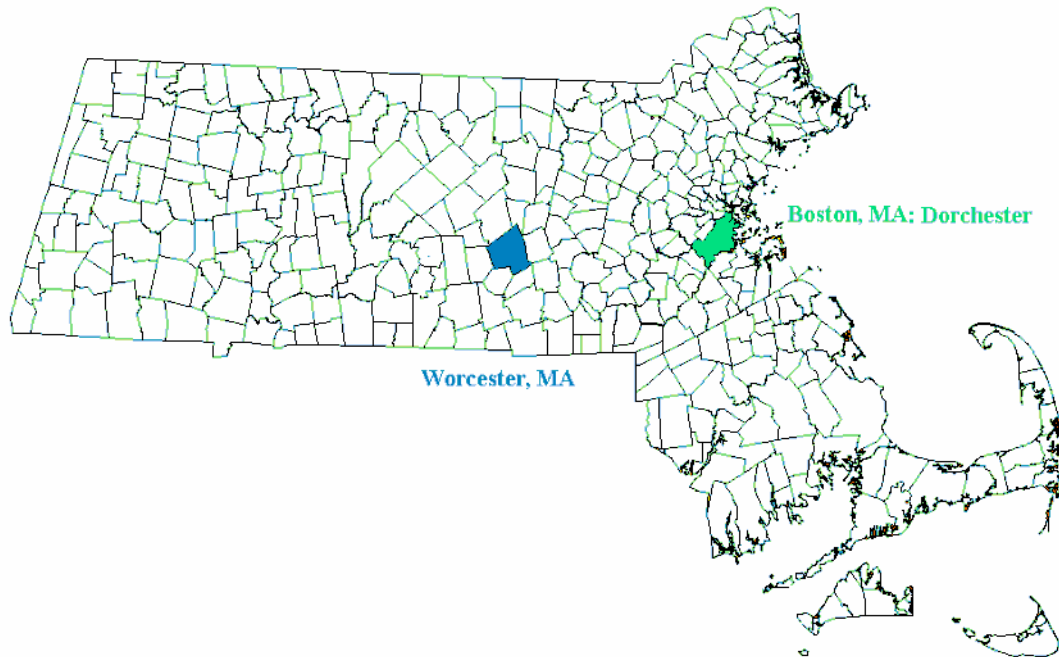


Russian Meal Site

Sharon, MA

Target Population(s):	Russian (open to all seniors)
Goal:	An opportunity for Russian elders to congregate in a comfortable place and build a social -support.
Description:	A Russian case manager coordinates all events and ethnic meals to ensure an authentic Russian menu for some specific holidays, throughout the year. The meal is not only known for its authentic Russian food but the various forms of entertainment and activities organized for the Russian culture. Nutrition education is provided in Russian.
Setting:	The room where the ethnic Russian meals are held is an open, inviting space with a piano, as well as outside and inside seating areas. This housing complex is located near a daily meal site targeted to the general elder population in Sharon.
Promotional/Outreach:	The daily meal site helps with the outreach and promotion for the Russian meals at the housing site. Flyers, monthly menus, and promotions are translated and distributed by the Russian Case Manager.
Partnerships:	The housing site collaborates with Russian regions in nearby towns of Stoughton and Randolph to promote events.
Cost/Source of Funding:	Voluntary donations and federal and state sources are used to fund the monthly gatherings. A suggested donation of \$2.50 is requested for these occasional Russian meals.
Challenges/Barriers:	More modes of transportation are needed to allow out-of-towners to attend events.
Evaluation	Mainly informal, evaluations are done by word-of-mouth to program managers and volunteers during the events.

Vietnamese Meal Site



Dorchester, MA

Pg 40

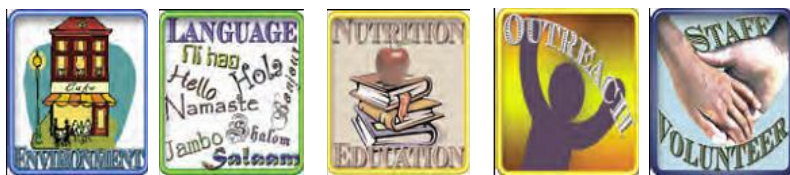
Contact:
Vietnamese Center
46 Charles St.
Dorchester, Ma 02124
Thui Tran, Site Manager
(617) 474-1190

Kit Clark Senior Center
1500 Dorchester Ave.
Dorchester, Ma 02124
"Fields Corner"
(617) 825-5000
Betty Cikeaze, Site Coordinator
Joanne Gunnard
(617) 474-1276

Worcester, MA

Pg 41

Worcester Senior Center
128 Providence St.
Worcester, Ma 01604
Linda Hosegood, Dining Center Manager
Elder Services of Worcester Area
(508) 799-8070



Vietnamese Meal Site – Vietnamese Senior Center

“Fields Corner”

Dorchester, MA

Target Population(s):	Vietnamese (open to all seniors)
Goal:	To have a site cater to Vietnamese heritage through meals and programs. The meal service naturally provides a central location for social outlet and support networks to be built within the elderly Vietnamese community.
Description:	This meal service meets everyday (Monday through Friday) at the Vietnamese Center in “Fields Corner”. Continental breakfast and lunch is provided. Historically, there has been a Vietnamese menu but presently variations are offered. All sites receive nutrition education program twice a year. Staff and volunteers at speak Vietnamese.
Setting:	The Vietnamese Center has a section dedicated to seniors. The beautiful, new facility commonly hosts programs and entertainment during the meal service.
Promotional/Outreach:	Publicity is done through a Vietnamese radio show and information is provided at the “1500 Dorchester Ave.” site.
Partnerships:	A collaboration between Kit Clark Senior Services and the Vietnamese Center.
Cost/Source of Funding:	Voluntary donations and federal and state sources. A voluntary donation of 1.75 is suggested for this meal.
Challenges/Barriers	Communication has been a barrier and there is a need for more exercise and nutrition programs.
Evaluation	There are consistent efforts to improve the menu. Evaluations remain sensitive to cultural issues related to nutrition. There is a weekly evaluation form filled out by the site to monitor details of the presentation and food quality.



Vietnamese – Multi-Cultural Meal program

Worcester, MA

Target Population(s):	Vietnamese population (all seniors welcome)
Goal:	In an effort to reach out to members of the Vietnamese population in the area, the senior center in Worcester provides a monthly vegetarian meal. Many of the participants now eat at the site daily.
Description:	On the second Thursday of every month, a vegan, South - east Asian meal is catered, from a restaurant, in the Vietnamese building. The Southeast Asian coordinator is Vietnamese speaking. There is also a nurse on staff who aids in healthcare and provides diabetes education, health awareness, and health prevention.
Setting:	This very active senior center hosts seniors of several diverse backgrounds; Black, Vietnamese, and Hispanic. Entertainment and activities are held at the same site of the meal service. The Vietnamese community also has a big event with a meal and entertainment dedicated to their specific culture throughout the year. LGBT integration is also a main focus at this site.
Promotional/Outreach:	Word about the events for the Vietnamese population is mainly disseminated through the Worcester Senior Center newsletter and through signs around the Senior Center. An authentic Hispanic-style chef also offers a Hispanic meal.
Cost/Source of Funding:	The United Way contributes funding. Voluntary donations and federal and state sources are used to fund the monthly gatherings. A voluntary donation of \$2.00 is suggested for this meal.
Challenges/Barriers	Elder Services of Worcester Area provides transportation, but additional transportation is needed.
Evaluation	A yearly client satisfaction survey is conducted. Also evaluated are daily comments from the site.

Note: Suggested donation and other information subject to change.